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Mema Marma (41 years old), is a vegetable farmer lives in Amtoli Para in Hafchari Union, Guimara Upazila of Khagrachari Hill district. Her husband is also a farmer. Agriculture is the main income source of her family.

She has one son and two daughters. Her son Monchil Marma failed in secondary examination and remain jobless. Usama Marma, her elder daughter completed Bachelor of Arts and Hla Sing Marma, younger daughter completed higher secondary school education.

Main source of income of her family is rice cultivation. Only rice cultivation does not fulfill their family needs. Hence, she engaged herself in agricultural activities to grow papaya, brinjal, cucumber, banana cultivation. Moreover, she has mango, bamboo and pineapple gardens. She also rears poultry at households. She earns thirteen to fourteen thousand taka per month by selling vegetables, bamboo shoots and banana. She maintains her family cost and child educational expenses with this limited income.

Mema maintains close communication with Mr. Rahim Uddin, sub assistant agriculture officer of Hafchari Union for cooperation and to get information on agricultural activities. Mr. Rahim informed her about European Union funded LEAN project and later Mr. Rumel a field facilitator of LEAN project communicated and invited Mema to participate in a training program on nutrition and agriculture. She participated in two days training on Capacity building of local Service Provider (LSP) from 27-28 May 2019. She learned on seed treatment, improved seed sewing technique, vegetable cultivation methods, input and output market linkages, food diversity, nutrition, cooking technique, hand washing technique and health hygiene. She says, "LSP's training opens my eyes in respect of nutritious food and cutting vegetables before cooking". She shared with nearby farmers about the learnings from the training after return to home.

Now Mema says, "I believe, I will bridge the small holder farmers of community with input and output market to increase household production and diversified food production to fulfill nutrition requirements and marketing".